Do you have a family member with mental illness? We’re here to help during the COVID-19 Pandemic and beyond.

We GOT You is a professionally run virtual and phone support group designed for adult family members living in Union County, New Jersey, who have a family member with mental illness. It is provided by the Mental Health Association in New Jersey’s Intensive Family Support Services, a state-funded program that provides support, education and advocacy for family members of people who have mental health challenges. Family members who participate in these sessions and related counseling have benefitted from links to valuable resources and advocacy. As a result, many have reported increased feelings of being informed, supported and empowered that have helped to decrease their levels of stress and improve their quality of life.

We GOT You Support Groups Summer Calendar

Dates: Wednesdays, July 1, 8, 15 and August 5, 12, 19

Time: 7:30 to 9 pm.

There is no cost to participate.

Available by Zoom or Phone
For more information about this support group or the MHANJ’s Union County Intensive Family Services, program contact Joyce Benz at 908-810-1001 ext. 118, email jbenz@mhanj.org or Parantap Pandya, at 908-810-1001 ext. 122, email ppandya@mhanj.org.